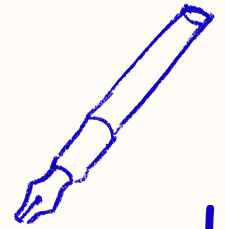


My Plan

 Mind Teesside



What do I, or people I know, notice when I'm starting to struggle?

Things that don't serve me well

Things that help me feel resilient and able to do the things I want to

Things I can do that help calm me and make me feel good

Things I can do to occupy me until the moment has passed

People I can call and rely on when I need them

Services I can contact in an emergency

My go to thing/s that helps in an emergency

Notes